



UPAN Newsletter Volume 9 Number 6 | JUNE 2022

“Empowerment and Growth Through Knowledge and Unity”

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Summer Program for Youth, June 13th – Incarcerated and Re-entering Fathers – InsideOut Dad® Fatherhood Ed – New Beginnings (new support group) Clean Slate Law – Women’s Unmet Medical Needs – Ed & Rehab of Inmates

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Next Meeting: JUNE 13, 2022 6:30 p.m. **Guest Speaker:** Daniel Strong of Utah’s Commission on Criminal and Juvenile Justice

Meeting Location: Virtual Zoom Meeting – link <https://bit.ly/3vqQjiA> Free and open to the public

Following Meeting: AUGUST 8, 2022 **Guest Speaker:** Dennis Wynn of Newpath Foundation.
NO MEETING HELD IN JULY

UPAN continues virtual meetings. Also available on UPAN Facebook Live and on Facebook page afterwards. Use link above or visit UPAN website for link (p. 10) , or Utah Prisoner Advocate Facebook Page for link to current monthly meeting. Free to public.

In This Issue: Meeting Announcements, UPAN N/L contents in this issue and UPAN Disclaimer	Page 1
» June 13th Start Date: Summer Program for Youth of incarcerated parent by Amber Hesleph	Pgs. 1-2
» Incarcerated and Re-entering Fathers by Molly Prince, LCSW	Pgs. 2-3
» InsideOut Dad® – Fatherhood Education for Justice-Involved Fathers by Molly Prince LCSW	Page 3
» Introducing New Support Group: New Beginnings Render Hopeful Decisions (NBRHD)	Page 4
» Information about the UDC Stakeholders Group by Molly Prince	Page 4
» Clean Slate Law Effective Feb. 10 th 2022 adapted by Molly Prince from online source	Pgs. 4-5
» <i>Timely Timpanogos Topics</i> Women’s Health Needs - <i>Hidden Women</i> reviewed by Molly Prince	Pgs. 6-7
» Education and Rehabilitation of Inmates in UDC, article by Kelly Bingham	Pgs. 7-9
» Recommended Reading for inmates AND families by Molly Prince	Pgs. 9-10
Couple of Smiles & Laugh & List of UPAN Directors/Officers & Contact Info (and our Facebook page)	Page 10

Disclaimer: Formulate your own opinions about the information presented. This information is presented for the reader’s enlightenment and evaluation.

Focus on Father’s Day - - - UPAN sends best wishes for Father’s Day to all fathers affected by prison

June 13th Start: Summer Program for Youth Experiencing Family Incarceration by Amber Hesleph, U.S. Dream Academy Center Director

The U.S. Dream Academy is a local non-profit after-school organization located in West Valley, Utah. We are dedicated to serving under-supported youth who come from families with a history of incarceration, who are struggling academically, or who live in communities with high rates of crime.

For summer, the U.S. Dream Academy is putting on a

hybrid model Summer Program for students! Once enrolled, students will be sent an activity kit each week to complete. All supplies will be included! Students will need to attend a virtual group check-in once a week! At the end of each block, a paid field trip will be provided to students who have participated in at least 2 previous activities! Priority will be given to children with an incarcerated parent.

Block 1 program will be from June 13 – July 8, 2022. The topic is Explore the World of Birds! This topic will focus on birds native to Utah.

Block 2 program will be from July 11- August 5, 2022. The topic is Get Familiar with Flowers and will focus on flowers native to Utah.

https://docs.google.com/forms/d/e/1FAIpQLSdCANG0DauIHFSnDUEkbAArThATvTIHWHBzmynKOFZeDrLBsw/viewform?usp=sf_link

NOTE: Also, during the school year, US Dream Academy also holds an after-school program, which includes in person and virtual classes and activities!

For additional info contact Amber Hesleph at ahesleph@usdreamacademy.org or register at:

“It is easier to build strong children than to repair broken men.” Frederick Douglass

Incarcerated and Re-entering Fathers

By Molly Prince, LCSW

UPAN sends wishes for as good a Father’s Day as possible to Utah’s incarcerated fathers.

UPAN wants to acknowledge the significant number of fathers housed in Utah’s prisons and jails this Father’s Day. For a father who has been involved in his children’s lives before being incarcerated, the trauma is multiplied when he is ripped away from his family. We hear a lot about fathers who were not involved in their children’s lives before being imprisoned. This month, we want to focus on those fathers who are locked up that were present and fully involved in their children’s lives before making whatever choices that resulted in being taken out of the daily lives of their families.

Fathers make up a significant majority of incarcerated persons. According to the National Responsible Fatherhood Clearinghouse, the number of fathers in U.S. jails and prisons has increased four-fold between 1980 and 2020. Among the more than 800,000 parents in federal and state prisons, 92 percent are fathers. Each year, hundreds of thousands of prisoners are released from state and federal facilities, and many more are cycled through local jail facilities. Ninety percent of all inmates will be released and 70 percent will likely return to the community where they were arrested.

Over 1.7 million children have a parent in prison. That’s 2.3% of the U.S. resident population under age 18.

According to a Bureau of Justice Statistics Special Report from 2010, “Parents in Prison and Their Minor Children,” about half of parents in state prison provided the primary financial support for their minor children. Mothers (52%) and fathers (54%) in state prison were equally likely to report that they provided primary financial support for their minor children prior to their incarceration. Three-quarters (75%) reported employment in the month prior to their arrest. Parents who supported their children financially were more likely to have been employed (80%) in the month prior to arrest and to report wages or salary (76%) as income.

Prison education, on the job training, and treatment programs enhance success on parole. The National Responsible Fatherhood Clearinghouse article reports that prisoners who participate in employment, education,

or substance abuse treatment programs are more likely to obtain employment and less likely to return to prison.

Parenting skills courses. Although family strengthening programs (such as parenting skills classes), are received by only an estimated 11 percent of fathers in state prisons, studies indicate these programs improve attitudes about the importance of fatherhood, increase parenting skills, and lead to more frequent contact between fathers and their children.

<https://www.fatherhood.gov/for-programs/incarcerated-and-reentering-fathers#:~:text=The%20number%20of%20fathers%20in,prisons%2C%2092%20percent%20are%20fathers.>

Utah State University partners with the Department of Corrections to provide fatherhood education to justice-involved fathers inside prison, as well as in the community. It uses the InsideOut Dad® curriculum, which is an evidence-based fatherhood program. UPAN hopes all fathers will have the opportunity to participate in InsideOut Dad while incarcerated.

Re-entry. Connecting reentering fathers with support from family and friends who understand who their returning loved one is today and support them in compliance with their parole stipulations is key for avoiding a return to prison and helping them re-establish their lives.

Returning to the community after incarceration is a challenge. The longer someone is in prison, the more society has changed over time, so the more learning about society and increased adjustments need to be made upon release. An additional challenge can include returning to the community and remaining clean and sober, abstaining from any and all addictions (whether chemical or process / behavioral) is important to acknowledge and address.

For those who participated in specialized treatment in prison, such as substance use or sex offense treatment, it is expected to have a stipulation while on parole requiring participation in and completion of an aftercare or continued care treatment program in the community.

There may be some funding to help subsidize substance use aftercare. There is no funding to help pay for sex offense treatment in the community. This therapeutic support can provide additional guidance in adjusting to life on the outside and support and reinforce skills to prevent relapse learned inside.

Individuals whose risk assessment levels are deemed low enough to not be required to do treatment in prison are often required to do treatment in the community. Treatment can offer emotional and social support during readjustment to life outside the walls.

For returning individuals who had offenses that did not require specialized treatment while in prison, nor a Board of Pardons & Parole stipulation for community treatment (such as in certain death cases, or non-person crimes such as white collar crimes including embezzlement, employee theft, money laundering, other thefts, or sale of stolen property), it is more challenging to find therapeutic support, and there is not financial assistance to receive that help, unless the person has applied for Medicaid immediately when releasing from incarceration in Utah and been found eligible for it based on their involvement with the criminal justice system.

“Prison education is the least expensive and most effective solution to overcrowding and strain on the budget caused by recidivism.”— Christopher Zoukis, author, College for Convicts

InsideOut Dad® – Fatherhood Education for Justice-Involved Fathers

by Molly Prince, LCSW

This article was compiled from information found on various websites. These include Utah State University: Healthy Relationships Utah; Fatherhood.org; St. George News, and others.

Utah State University partners with the Utah Department of Corrections to provide fatherhood education to fathers who are justice-involved. It uses the InsideOut Dad® curriculum, an evidence-based fatherhood program.

The term “justice-involved” describes multiple groups, including incarcerated fathers, fathers who are on probation or parole with Utah’s Adult Probation & Parole (A P & P), and fathers involved in the criminal justice system in communities throughout Utah.

According to the USU website, this program helps justice-involved fathers break the cycle of recidivism (either violation of parole or re-offense) by developing pro-fathering attitudes, knowledge, and skills. Incarcerated fathers also learn strategies that prepare them for release.

Program participants learn: 1) What it means to be a man; 2) The role of fathers and mothers; 3) Grief and loss, stress and anger; 4) Communication skills and discipline; 5) Co-parenting with their child’s mother.

This program offers justice-involved fathers the tools they need to become more involved, responsible, and committed in the lives of their children. This provides increased motivation for them to get out – and stay out.

Researchers at Utah State University have said that an evaluation of InsideOut Dad® has demonstrated it can help incarcerated fathers, “improve their relationships with romantic partners and their perceptions of subjective well-being within the domains of psychological distress and social support. From a family systems perspective, these positive outcomes may spill over to

other positive processes...and may eventually lead to positive impacts on father–child relations.”

Information from the National Fatherhood Initiative, which created the InsideOut Dad® program, says that the absence of fathers in the lives of children has created a “father factor” which is related to many problems in society facing America today. These include:

- 1) Homes without a father present have a poverty level 4 times greater than homes with both parents present.
- 2) Children without fathers in the home are 279% more likely to carry guns or deal drugs, increasing chances they’ll become involved in the criminal justice system.
- 3) Children living in father-absent homes are two times more likely to need to repeat a grade in school.
- 4) Female children living in a father-absent home are 7 times more likely to experience teen pregnancy.
- 5) Even controlling for income, youth in father-absent households had a significantly higher chance of becoming incarcerated than in two parent homes. Children who had never had a father in the home experienced the highest chance of this situation.

UPAN hopes that all fathers in Utah’s Criminal Justice system are able to access this valuable program!

https://extension.usu.edu/hru/additionalresources/fatherhoodeducation#:~:text=*InsideOut%20Dad%20courses%20are%20for,entire%2012%2Dweek%20course%20voluntarily.

<https://www.fatherhood.org/championing-fatherhood/insideout-dad-teaches-incarcerated-dads-to-be-better-fathers>

<https://www.stgeorgeutah.com/news/archive/2017/05/03/hsr-sjd-inside-out-dad-teaches-incarcerated-dads-to-be-better-fathers/#.Yn2CuujMl2w>

A father is someone you look up to no matter how tall you grow.

Introducing Support Group: New Beginnings Render Hopeful Decisions (NBRHD)

Submitted by NBRHD

Looking to get out and stay out? We can't promise all the answers, but we are offering a support group organized by people who have been in your shoes and have overcome your challenges.

Introducing the NBRHD Support Group - a support group specifically for those who have spent time incarcerated. The NBRHD Support Group (New Beginnings Render Hopeful Decisions) meets the

FIRST SUNDAY of every month at 7 pm at the Island Grinds Restaurant in West Valley City (2662 S 5600 W #101, West Valley City, UT 84120).

We have an open format for everyone to share whatever they are struggling with and what resources have helped them that might help others as well. ALL are invited to attend! We look forward to seeing you soon! Contact information: nbrhdgroup@gmail.com

“A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way.” ZZ Journals

UDC Stakeholders Group

By Molly G. Prince, LCSW

UDC Stakeholders Group is a group of community providers, public and private agencies, programs, supporters, advocate groups, volunteer organizations, and those with lived experience. There are too many to list in this article. The Group began in April 2021. It is co-chaired by UDC Director of Excellence Steve Gehrke and Eric Barker, Assistant Regional Administrator at UDC's Adult Probation and Parole.

The Stakeholders Group meets monthly to discuss the challenges faced by individuals returning to society after incarceration in Utah. The group learns about processes that are occurring within the state prison system and has received presentations from different divisions of the prison services. It also has a significant focus on re-entry issues and obstacles to success in the community.

The entire focus of this group is based on the fact that, as far as UDC is involved, re-entry success begins upon intake into prison, and includes the experiences and processes while incarcerated.

Molly Prince of UPAN has been involved in this group since its inception and also serves on the housing sub-committee. Other UPAN directors and volunteers who have attended this group for various purposes include Faye Jenkins, Ernie Rogers, and Evelyn Matue.

Housing in the community. The Group formed a housing sub-committee several months ago that is researching what is currently available in Utah for the formerly incarcerated to access safe and affordable housing. It is co-chaired by Shawn McMillan, Executive

Director of First Step House in Salt Lake City, and UDC's Eric Barker. It is taking a look at what is currently available in Utah and the innovations that various private and public organizations are doing to increase housing opportunities.

This sub-committee is researching what other states are doing to improve safe and affordable housing opportunities for their own returning citizens. To date, we have received a presentation from one county in New Jersey and recently had a presentation from Colorado. Since each state is different, and legislative funding opportunities are idiosyncratic to the laws of each state, gathering ideas from a variety of sources is important for the committee to figure out and understand which of the various methods would be sustainable in Utah.

This sub-committee is expanding and inviting a variety of individuals and agencies that are dedicated to finding a selection of viable solutions to Utah's housing challenges for people with criminal histories. It reports back to the larger Stakeholders Group.

Employment. The Stakeholders Group is now in the process of forming a sub-committee of individuals, advocates, agencies, and those with lived experience which will focus specifically on employment issues for those with felony histories in Utah.

There are some very dedicated individuals involved in the Stakeholders Group who are committed to improving opportunities for success to those who are involved in Utah's prison and probation / parole system.

A good father is the most unsung, unpraised, unnoticed, yet the most valuable asset in our society.

Utah's Clean Slate Law Went Into Effect on February 10, 2022

Adapted by Molly Prince (See source at end of article)

On February 10, 2022, Utah's Clean Slate Law went into effect. This law automatically clears old and minor

criminal records of people who have remained crime free for a specific period of time. This legislation was passed

unanimously in 2019 by the legislature and signed into law by former Utah governor Gary Herbert.

Governor Spencer Cox said, “We believe in the rule of law and that people should be held accountable when a law is broken. But we also believe in second chances. Utah’s Clean Slate law is a common-sense policy that will help people find housing, get jobs, and contribute back to their communities after paying their debt to society.”

More than 1 in 4 Utahans have some type of criminal record. Any criminal record creates barriers to housing and jobs. Nearly 500,000 people in Utah were identified to clear their records as of the Feb. 10th implementation.

Ron Gordon, the State Court Administrator is quoted as saying, “For the Courts, this law is about access to justice, an issue we care deeply about. We know that our legal systems have barriers and that many of our neediest Utahans require a lawyer to help them and cannot afford one. Criminal record expungement is one of these areas. Due to cost, the complicated process, lack of knowledge, and lack of legal representation, less than 10% of people eligible to clear their records have made it through the process. Utah’s Clean Slate law changes this landscape completely.”

Who qualifies? Utah’s Clean Slate law has an automatic record expungement for cases dismissed with prejudice and certain qualifying misdemeanor conviction records.

- Individuals must remain conviction-free for 5-7 years (depending on the level of the offense) in order to qualify.
- Covered offenses include misdemeanor A drug possession, most misdemeanor B and C level offenses, and all infractions.

What does not qualify. There are limits on what types of records the law applies to. The following do not qualify for automatic expungement:

- Felony records, domestic violence related offenses, sex offenses, simple assault, or DUI offenses.
- Utah’s Clean Slate law has numerical limits, which means that some individuals will have too many total records to qualify for any automatic clearance.

How it works. The Utah Courts have begun by clearing records of cases that have been dismissed or resulted in an acquittal. There are 218,000 records with over 800,000 combined cases that fall into these categories and will be automatically expunged. These cases will not all be expunged at once. This will happen in batches over the coming months.

This article adapted by Molly Prince with information from: <https://www.utcourts.gov/utc/news/2022/02/10/utahs-clean-slate-law-goes-into-effect-automatically-clearing-old-and-minor-criminal-records/>

Code for America provided technology being used to automatically identify and clear records. A non-political 501 organization whose mission is to address the widening gap between public and private sectors in the effective use of technology and design, Code for America has played an important role in the effort to automate Utah’s Clean Slate law. This is a part of its national effort to make automatic record clearance the standard across the country. Code for America, in partnership with the Utah Administrative Office of the Courts, created an algorithm to automatically identify all the conviction cases that were immediately eligible to be cleared and receive record clearance relief once the law took effect. The Utah Courts are now adopting Code for America’s code and technical process to identify eligible conviction records on their own and continually clear records as they meet eligibility requirements.

“The fundamental shift – moving from a petition-based process to an automatic process – will help Utah achieve record clearance equitably, expeditiously, and at scale,” said Meilani Santillan, Code for America’s Criminal Justice Program Director. “We’re proud that because of our work, almost 500,000 people will receive conviction relief starting this month. A conviction should not be a life sentence to poverty, and this achievement will help tens of thousands of people in Utah have access to jobs, housing, and other opportunities that they otherwise might be denied.”

“Clean Slate is a key step to rebuild our workforce and drive our economic recovery forward,” said Derek Miller, President & CEO of the Salt Lake Chamber and Downtown Alliance. “The smart policy of automating the expungement process will give thousands of deserving citizens of Utah the second chances they deserve, while at the same time making our state a better place to live and work. It represents a common-sense solution for closing the justice and opportunity gaps – one that will further solidify our status as the best state for business.”

Clean Slate Utah is a 501(c)(3) organization formed to help raise awareness of Utah’s Clean Slate law and educate the public about automatic record clearance. Its team can help by::

- 1) Answering general questions about both petition-based and automatic expungement
- 2) Connecting self-represented people to free legal resources
- 3) Covering the cost of non-waivable BCI fees for those who qualify
- 4) Determining if people qualify for free legal support through partnership with Rasa-legal.com .

www.cleanslateutah.org <https://vimeo.com/675665366>.

“We all have pain, we all have sorrow. But if we are wise, we know there’s always tomorrow.”
Bill Withers, singer and songwriter

Summary of “Hidden Women: Unmet Medical Needs of Utah’s Incarcerated Women”

by Molly Prince, LCSW

In the July 28, 2021 Edition of Utah Women’s Health Review (UWHR), an article authored by Cami Fuhrman, Kysha Hill and Arielle Martin focused on the unmet medical needs of the female population incarcerated in Utah’s correctional facilities.

This article outlines the unique health needs of Utah’s “hidden women,” who are often forgotten by the community, and not always included in studies of incarcerated populations. Imprisoned women have historically experienced higher rates of substance abuse, physical and sexual assault, and trauma than women who do not find themselves in correctional facilities. In addition, the article found that Utah has an above-average rate of imprisoned women who require more specialized and preventative healthcare.

It states, “The rates of incarcerated women across the United States are vast when compared to other developed nations. Currently the United States locks women up at rates that are at least 5 times the rates of our closest international allies.” The rate of women in prisons across the country is growing faster than that of imprisoned men. The current system was built for men and falls short in addressing women’s unique biological and psychosocial needs.

Most women in US prisons are nonviolent offenders. In addition, it is safe to say that they have experienced various types of trauma. According to the National Commission on Correctional Health Care Position Statement (2005) in the Journal of Correctional Health Care, 11(4), 381-389, the complex nature of women’s experiences of trauma creates a distinctive and desperate need for tailored interventions that address the overall health of women prisoners.

Justice involved women lack resources related to healthcare. Studies have also found that women who are, or have been, incarcerated are less likely to have medical insurance, preventative healthcare, financial resources, and have lower levels of education. Incarcerated women are considered a marginalized* group. Many also belong to a racial minority. These women experience higher rates of oppression that lead to worse health outcomes, which include chronic illness and contagious diseases.

* **Definition of marginalized:** *Marginalization*, also referred to as *social exclusion*, occurs when certain groups of people get denied access to opportunity or areas of society. “To exclude or ignore, esp. by relegating to the periphery of a group or by diverting the public’s attention to something else.” Webster’s New World College Dictionary 5th Edition. Ed.

Four to Five times more likely to have cervical cancer. Justice involved women are four to five times more likely to have cervical cancer compared to women without criminal histories. While more research is required, some studies suggest that imprisoned women are also several times more vulnerable to mortality due to cervical cancer. Research has shown this is likely due to incarcerated women’s low health literacy about broader reproductive health issues.

Health & reproductive education is needed for incarcerated women. Megha Ramaswamy, PhD, faculty member at the University of Kansas Medical Center, and colleagues implemented brief but effective education interventions that improved health literacy as part of a study they published in Impact of a brief intervention on cervical health literacy: A waitlist control study with jailed women in a journal article found at the National Library of Medicine’s pubmed.gov . Their study found that education is needed and should supplement advocacy and prevention services such as cancer screenings, and resources for health insurance as women re-enter their communities.
<https://pubmed.ncbi.nlm.nih.gov/28435785/> .

Studies of older female inmates is limited. Fuhrman, Hill, and Martin found that while limited, studies that examine the health of older women in prison show, that similar to their male counterparts, they are generally more ill than non-incarcerated mature and elderly women. In a 2019 Journal of Women & Aging 32(2) article, Health-care needs of older women prisoners: Perspectives of the health-care workers who care for them, the study found that female inmates over **55** have higher rates of high blood pressure, arthritis, and respiratory disease compared with non-imprisoned women over **65**. This same study also found older women inmates have higher rates of chronic illness than their male counterparts.

The Hidden Women article calls for increased health screening and treatment for incarcerated women. This research states that, “Little progress has been made in changing legislation to increase incarcerated women’s access to medical care” other than in 2019, Utah lawmakers passed a bill to ban shackling inmates during birth and allocated funds for reproductive health education for incarcerated women. At this time, UPAN does not know what reproductive health education has been provided to female inmates.

Fuhrman, et al state that there does not appear to be any Utah law that requires regular preventative screening methods for cervical cancer or other conditions that affect women over the lifespan in Utah’s

prisons. It is UPAN's understanding that hormones and gynecological attention are supposed to be offered for women's concerns in Utah State Prison Infirmery. The report did not find any other mentions of required preventative procedures or screening (such as mammograms, pap smears, or gynecological exams).

Seven domains of health. There are seven domains of health: physical, social, financial, environmental, intellectual, spiritual, and mental. Each of these areas impact the quality of life for everyone. They are amplified for this marginalized population. More studies are necessary in each of these areas of incarcerated women's lives, past and present, to better identify and

improve necessary services that will improve the health and mental health of all incarcerated women in Utah.

Limited demographic data for Utah's incarcerated women presents a barrier to ferret out and provide appropriate healthcare resources. The Hidden Women article states, "Without detailed data, it is difficult to understand the full scope of health issues imprisoned women face. More research and information are required to implement evidence-based interventions."

The article calls for increased research and data to "motivate legislation changes to meet the unique needs of female inmates in Utah."

<https://uwhr.utah.edu/hidden-women-unmet-medical-needs-of-utahs-incarcerated-women/>

The Utah Women's Health Review (UWHR) is a collaboration between the University of Utah Center of Excellence in Women's Health and Spencer S. Eccles Health Sciences Library. The UWHR is an ongoing initiative involving all University of Utah Colleges and Schools and the Eccles Health Sciences Library.

"I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom." Umberto Eco, author

Education/Rehabilitation of Inmates in Utah Department of Corrections

By Kelly Bingham, UPAN's Director of Educational Opportunity

The most popular argument I hear is, inmates committed a crime, so they don't deserve a free education while in prison. Following this statement should be the question, what's the alternative? The alternative is to not educate inmates and allow them to sit and just serve their time watching TV, playing games, exercising, or reading a book. Statistics say approximately 90-95% of those incarcerated will someday be released from prison. The next question should be, do we want inmates who have served time without improving themselves released back into our communities? As a society we cannot afford to keep turning a blind eye to the root of the problem.

Education & recidivism. According to an article written by Christopher Zoukis in the August 2015 Prison Legal News, "the Bureau of Justice Statistics reported that 67.8% of prisoners are rearrested within three years after their release and 76.6% are arrested within five years. However, recidivism rates decrease dramatically when prisoners participate in education programs." Zoukis goes on to say "according to Emory University's Department of Economics, prisoners who complete some high school recidivate at an average rate of 55%; with vocational training, recidivism falls to 20%. And the rate keeps dropping with each additional level of education obtained.

Based on 1993 Texas Department of Criminal Justice study, recidivism rates decreased significantly when post-secondary education is provided. Prisoners who earn an associate degree recidivate at a rate of 13.7%, while for those who obtain a bachelor's degree the rate is 5.6%. Upon earning a master's degree, the rate is effectively 0%. That research is supported by numerous

other studies spanning over two decades and is one of the strongest arguments for reinstating prison-based college programs." Zoukis quotes Congressman Danny Davis who said, "Research is abundantly clear that post-secondary correctional education and training are greatly needed, have tremendous effectiveness, and save taxpayer money."

So where are we in Utah when it comes to educating inmates? From personal experience the opportunities are slim to none. The Dept. of Corrections provides therapy for drug and sex offenders along with some six-month courses taught one day a week on anger management, victim impact, and MRT (Moral Reconciliation* Therapy). While these courses are a step in the right direction, alone they are not enough to educate and prepare inmates for release and successful futures.

Efforts of many caring and generous people have been met with much pushback from the UDC. Mark Hugentobler has done just about everything possible to set up a program in Gunnison to help inmates and by reading his book "*All my Friends are Felons*." It was a very tough road, and the program is not what it could be if it had been supported by the UDC like it should be. This is only for those in Gunnison.

What about the rest of the prison population spread out in Utah at all the county jails via IPP (Inmate Placement Program) since neither the Draper prison nor the new Salt Lake City prison are big enough to house all inmates. That is another discussion for another article.

PrisonEd Foundation. Let me introduce Dr. Don Wright who decided to start PrisonEd Foundation on his own because of the impossible hurdles the UDC was putting on him when he tried to educate inmates with the assistance of Utah Valley University. UVU gave up and moved on while Dr. Wright pushed through and developed a mail correspondence set of courses inmates can learn from. Dr. Wright sends in books to inmates free of charge if the libraries don't already have them. This allows prisoners to learn some valuable tools through self-help books and gives them the opportunity to correspond with PrisonEd to earn certificates and show the Board of Pardons they are using their time wisely while incarcerated and developing tools to help them succeed.

Thank you, Dr. Don Wright, for allowing me to complete upwards of 60 courses and inspire me to further my education by earning a degree. I will forever be indebted to Dr. Wright.

Few inmates can access college education. There are a very small number of inmates that have been able to participate in secondary education at Draper and Gunnison. None of the county jails provide this type of education. I was fortunate enough to be housed in San Juan County where there is a very good education center, thanks to the school district, Mark Bradford, and now Beth Mooneyhan. Incarcerated persons are allowed to attend several classes a day to learn various topics and spend their time preparing for a successful future. The education center would not be possible without inmates who help and support Beth in creating courses, organizing schedules, and teaching classes.

I was very fortunate and blessed in my prison journey to have the support and financial ability to invest in myself by signing up for and taking college classes from California Coast University. There are a few colleges that are accredited where inmates can-do long-distance mail correspondence college courses to earn degrees.

I had previously earned a Bachelor of Science in Business from University of Phoenix so my focus while in prison was to earn a master's degree in Organizational Leadership. This degree cost somewhere between \$10,000 and \$15,000 but was the best investment I have made in my life as it helped me land a very good job and qualify for a home loan because they considered my work gap to be due to furthering my education. This requires the cooperation and willingness of guards, in my case Sgt. Palmer, who assisted with proctoring each of my final tests in each course I took.

Taxpayers can get a social return on investment in prison education. I have read stories from CURE-SORT about Pell Grants coming back. There is a Second Chance Pell Grant experiment launched in 2015

by the Obama-Biden administration intended to create more education opportunities for incarcerated students. The Second Chance program was expanded in 2020 to allow up to 67 additional programs to participate. According to a May 6, 2020 Deseret News article, Salt Lake Community College (SLCC) was among that 2020 group of colleges and universities invited by the U.S. Department of Education to participate in the Second Chance Pell experiment. According to the article, "This was the second cohort invited to participate in the initiative but the first time a Utah college or university was selected." It goes on to explain that almost two-thirds of the schools invited to participate are two-year institutions; one-third of the schools serve primarily minority students; and include both public and private institutions.

While the Second Chance program may reach a small number of incarcerated students in Utah, not every Utah college or university is included in this program.

So where does that leave us as a society? As taxpayers, we should be motivated to help those who have made mistakes or maybe even have a hard time motivating themselves to learn and grow. Each inmate has a story or a past that most of society does not try to understand and fails to realize why or how they ended up committing their crime or crimes. What people also fail to realize is that most of them (people in society) have done something that could have landed them in jail or prison as well but were fortunate enough to not get caught or corrected their behaviors on their own without the need for prison.

More avenues needed for prison education. Based upon my personal experience, there are not enough avenues to educate inmates and prepare them for future success. Post-secondary education is proven to reduce recidivism so what are we waiting for?

My hope is for legislation to bring back grants much like the Pell Grants; for more universities, and colleges to step up to the plate; and for the Utah Department of Corrections to provide avenues for post-secondary education to happen within confinement of prison and jail walls so we can improve upon our communities by releasing educated people back into society who learned a new set of skills while incarcerated.

The University of Utah has the Utah Prison Education Project in Draper. It is limited in the number of students it is able to teach.

Dr. Sam Arungwa with Utah State University is working on an avenue that just might be the answer to the issues surrounding widespread education of inmates in the Utah Department of Corrections. There may be a variety of pathways with the participation of many stakeholders to assist our incarcerated in gaining a higher education.

<https://www.ed.gov/news/press-releases/us-department-education-announces-it-will-expand-second-chance-pell-experiment-2022-2023-award->

[year#:~:text=The%20Obama%20Biden%20Administration%20launched.67%20additional%20programs%20to%20participate.](#)

<https://www.deseret.com/utah/2020/5/6/21249856/inmates-second-chance-pell-grants-attend-slcc-salt-lake-community-college-department-education>

* **Editor's notes:** The word "reconciliation" is not in all dictionaries. It means: **the process of making conscious decisions.** MRT is a cognitive-behavioral treatment system that leads to enhanced moral reasoning, better decision making, and more appropriate behavior. The information included below will answer the questions: What is the MRT (Moral Reconciliation Therapy) concept? What are the steps in MRT?

The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues which are: 1) confrontation of beliefs, 2) attitudes and behaviors; 3) assessment of current relationships; 4) reinforcement of positive behavior and habits; 5) positive

identity formation; 6) enhancement of self-concept; 7) decrease [decrease recidivism and also focuses on decreasing one's likelihood of re-abusing substances or alcohol. Ed.]. Source: Google search.

Definition of the word "stakeholder." A person or group having a stake, or interest, in the success of an enterprise, business, or movement, etc. The current use of the word "stakeholder" has become a buzzword and is used in a broader definition than many of us are accustomed to. Here are some synonyms that may improve understanding and may be more informative and comfortable in your use of vocabulary: collaborator, colleague, partner, associate, shareholder, contributor, participant, ally.

"I've said it before, but it's absolutely true: My mother gave me my drive, but my father gave me my dreams. Thanks to him, I could see a future." - Liza Minnelli

"My father taught me not to overthink things, that nothing will ever be perfect, so just keep moving and do your best..." Scott Eastwood (Clint Eastwood's son)

Recommended Reading for Incarcerated and their Families

By Molly Prince, LCSW

UPAN acknowledges that the libraries in Utah's prisons do not always have the titles recommended here. Some of these titles may still be useful for family members to purchase and read. Others can be ordered through UCI by those incarcerated in USP and CUCF, even though the ordering process is lengthy and often costly. The titles that are included in UPAN recommended reading articles (included most months in the UPAN newsletter) can also be purchased in soft cover or trade paperback and donated to Utah's prison libraries through Volunteer Services.

UPAN recognizes that there are tremendous challenges which incarcerated parents face – both mothers and fathers. The following titles may be helpful in understanding some parenting issues in the criminal justice system.

The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail, by Melissa Higgins, 2013, Picture Window Books. ISBN-13: 978-1479521425. Hardcover, so this is for use at home with young children. When someone you love goes to jail, you might feel lost, scared, and even mad. This colorfully illustrated book lets children know that they are not alone in this situation. It offers age appropriate explanations to help with difficult conversations. Told from the experience of a rabbit, this picture book is intended to make a parent's incarceration a little less frightening.

Holding On: Family and Fatherhood During Incarceration and Reentry by Tasseli McKay, Megan Comfort, Christine Lindquist, and Anupa Bir. Published by University of California Press. ISBN-13: 978-0520305250. *Holding On* reveals the results of an unprecedented ten-year study of justice-involved families, rendering visible the lives of a group of American families whose experiences are too often lost in large-scale demographic research.

Using new data from the Multi-site Family Study on Incarceration, Parenting, and Partnering—a groundbreaking study of almost two thousand families, incorporating a series of couples-based surveys and qualitative interviews over the course of three years—*Holding On* sheds rich new light on the parenting and intimate relationships of justice-involved men, challenging long-standing boundaries between research on incarceration and on the well-being of low-income families. Boldly proposing that the failure to recognize the centrality of incarcerated men's roles as fathers and partners has helped to justify a system that removes them from their families and hides that system's costs to parents, partners, and children, *Holding On* considers how research that breaks the false dichotomy between offender and parent, inmate and partner, and victim and perpetrator might help to inform a next generation of public policies that truly support vulnerable families.

Parenting from Prison: A Co-Parenting Guide for

Divorced and Separated Parents, a six page downloadable PDF written by David Schramm and Christina Pucci of the University of Missouri Extension. <https://extension.missouri.edu/publications/gh6615> This is an informative, 6-page, easy to read and understand article that can be downloaded and printed to share with your incarcerated loved one, at no charge. Your child could be experiencing anger, rage, abandonment, rejection, hopelessness, powerlessness, loss, sadness, fear, guilt, disbelief, anxiety, or confusion. It is vitally important that you help your child to understand and work through the feelings that they are having. There is only one way for you to do this with your child – it is to stay connected to them in a healthy, positive, and emotionally supportive way. This is an easy-to-access document that does not have to be purchased through UCI. **It can be printed to send in to your loved ones.**

Doing Time Together: Love and Family in the Shadow of the Prison by Megan Comfort. July 2008. Published by University of Chicago Press. ISBN 13: 978-0226114637. By quadrupling the number of people behind bars in two decades, the United States has become the world leader in incarceration. Much has

been written on the men who make up the vast majority women they leave behind? *Doing Time Together* details how prisons shape and infiltrate the lives of women with husbands, fiancés, and boyfriends on the inside.

Megan Comfort spent years getting to know women visiting men at San Quentin State Prison, observing how their romantic relationships drew them into contact with the penitentiary. Tangling with the prison's intrusive scrutiny and rigid rules turns these women into "quasi-inmates," eroding the boundary between home and prison and altering their sense of intimacy, love, and justice. Yet Comfort also finds that with social welfare weakened, prisons are the most powerful public institutions available to women struggling to overcome untreated social ills and sustain relationships with marginalized men. As a result, they express great ambivalence about the prison and the control it exerts over their daily lives.

An illuminating analysis of women caught in the shadow of America's massive prison system, Comfort's book will be essential for anyone concerned with the consequences of our punitive culture.

Lately all my friends are worried they're turning into their fathers. I'm worried I'm not. The older I get, the smarter my father seems to get.

UPAN Newsletter Celebrates 8th Anniversary!

Time to toot our horn a bit. This June newsletter is our 8th Anniversary issue of the UPAN Newsletter. About a year after Utah Prisoner Advocate Network (UPAN) began (in July 2013), Molly Prince approached me about starting a monthly UPAN Newsletter. We began modestly and it quickly became a 10-page publication averaging about 7,500 words per issue. During those eight years, we have published about 688,000 words, equivalent to 7 and a half books (non-fiction, of course!), of 90,000 words each and containing 316 pages with 285 words per page (pretty standard for published books). From the bottom of my heart, and I'm sure I speak for Molly too, we have enjoyed bringing information to families of incarcerated men and women, helping them with their prison journey – and hopefully being a source of information and hope to those caught up in the Criminal Justice System. We wish you a wonderful future, Warren Rosenbaum (aka Ed.)

Couple of Smiles and Maybe a Laugh

I got hit in the head with a can of soda. I'm glad it was a soft drink ~~ Don't you hate it when someone answers their own questions? I do ~~ It didn't take much creative thinking to name the fireplace ~~ Refusing to go to the gym is a form of resistance training.

Fathers, you are loved and someone's reason to recall the good times and enjoy those memories. That's cool! Ed.

* * * * *

Utah Prisoner Advocate Network

Director, Co-Founder & Treasurer: Molly Prince
Director of Communications: Shane Severson
Director of Sex Offense Policy Issues: Faye Jenkins
Director of Women's Issues: Gayle Dawes
Director, Medical/Mental Health Issues: Wendy Parmley
Director, Board of Pardons Issues: Ernie Rogers
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"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead